



SAVE THE DATE

Kúx dei yaan tootéen haa kusteeyí

(Bringing Back the Strength of Our People)

SUMMER WALKING CHALLENGE

June 22nd - July 27th

Tlingit & Haida is pleased to host this year's Summer Walking Challenge "*Kúx dei yaan tootéen haa kusteeyí*" (Bringing Back the Strength of Our People). This Juneau event is being held June 22nd through July 27th to encourage tribal citizens 18 years of age and older to get outside and get active. Please join us in promoting healthy lifestyles!

Registration Kickoff

When: June 22, 2017 • 11:00 am to 2:00 pm

Location: VTRC • 3239 Hospital Drive (First Floor)

The event kickoff will take place at the VTRC on Thursday, June 22nd from 11:00 am to 2:00 pm. Registered participants will receive a pedometer for tracking steps which will be entered for a weekly drawing. To register after June 22nd, please contact Tribal Family & Youth Services at 907.463.7131.

Don't miss this great opportunity to challenge and empower yourself to take positive steps towards improving your health! Get outdoors and have some fun!

For more information, please contact:

Laura Cooper, Family Service Worker

Elderly Services Program

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Sponsored by Tlingit & Haida's Elderly Services Program